



Newslines

The Newsletter of the Cambridge Council on Aging
 806 Massachusetts Ave., Cambridge, MA 02139
 Office (617) 349-6220 Senior Center (617) 349-6060
 North Cambridge Senior Center (617) 349-6320
www.cambridgema.gov/DHSP2

September, 2012

806 Happenings pg 2
 North Cambridge pg 3
 Calendars centerfold

Dear Seniors,

I am writing to let you that I plan to retire from my position as Executive Director of the Cambridge Council on Aging in early September. My work here for the past 17 years has been interesting and rewarding. I feel very strongly that the Cambridge Council on Aging and Senior Centers provide excellent and caring services for seniors. I am proud of the staff here and of our accomplishments. I am most grateful to have met and worked with so many seniors. To be in the presence of your strength, wisdom and perseverance has been the greatest gift of my work here.

Susan Pacheco, our Council on Aging Director of Client Services, has been named as Acting Director. Many of you know Susan, and know how accomplished, capable and knowledgeable she is. She and all the other staff will be here to serve you. Thank you for the chance I have had to work with you.

Sincerely,

Eileen Ginnetty
 Director, Cambridge Council on Aging

Our appreciation to the Executive Office of Elder Affairs for funds to support this publication.



Best Wishes for a Long and Happy Retirement!



Eileen's graciousness with the staff, the public and of course our seniors will be long remembered.

The Cambridge Senior Centers and Council on Aging will not be the same without you!



**Eileen Ginnetty
 Executive Director,
 Cambridge Council on Aging**

September 2012 Happenings at the Citywide Senior Center

Charlesgate Yacht Club Trip (Previously postponed from June 6)

NEW DATE:

Wednesday, September 5

Charlesgate Yacht Club hosts the Citywide Senior Center. We will be treated to lunch with entertainment and a beautiful boat ride down the Charles River. This trip is offered to Seniors 60+. Participants will have already been selected by Lottery. There is a \$5.00 transportation fee for trip participants. **You must have already been given notice of your winning ticket. If you have questions please call the receptionist desk 617-349-6060.**

Men's Breakfast

Friday, September 7, 9:00-10:00

Men's Breakfast is a good time to check in with friends or meet new friends. Come join us for a delicious breakfast. Program is free to seniors 60+ but Registration is required. Call 617-349-6060 for more information.

Art Workshop: Japanese Paper Marbling

Monday, September 10, 1:00-3:30

Learn the ancient art of paper marbling--make amazing swirling patterns of colored ink on paper by this easy technique. The paper can be used for other paper crafts or as very special wrapping paper for small gifts. \$3 materials fee. Pre-registration required, limited to a class of 12 people.

Men's Discussion Group *First Meeting

Wednesday, September 12, 1:00-2:00

Watch **Chronicle** on Tuesday September 11 Channel 5 @ 7:30pm.

Ladies Breakfast

Friday, September 14, 9:00-10:00

The Ladies Breakfast is a good time to check in with friends or meet new friends. Come join us for a delicious breakfast, Program is free to seniors 60+ but Registration is required. Call 617-349-6060 for more information.

Social Media 101: Understanding and Connecting with Common Social Media and Social Networking Applications

Thursday, September 20, 1:00-2:00

Ever wonder how to "tweet?" Looking for easy ways to check-up on your loved ones that are outside of the state? Don't understand all this hubbub about the newest video on YouTube? Please join Corey Pilz from the Cambridge Consumers' Council to gain a basic understanding of some of the most common forms of social media and social networking, including Facebook, Twitter, YouTube, Instagram and LinkedIn. In this course you will be provided with a basic understanding of how to utilize these social media and social networking platforms as well as lessons on how to open an account, create a profile, and safely interact with others. Program for seniors age 60+. Questions please call 617-349-6060.

Mysteries of the Cosmos

Tuesday, September 25, 1:00-2:00

Join us for a lecture on the ever changing Cosmos. Greg Snyder, a Harvard Astronomer will present a lecture exploring the known and the unknown about the Cosmos. Program is free and open to the public.

Blood Pressure Screening

Tuesday, September 25, 2:30-3:00

Provided by Windsor House Adult Day Health Center.

Cell Phone & Wireless Education Q's & A's

Tuesday, September 25, 10:00-12:00

Basic introduction to Cell Phone & wireless services: Questions and Answers provided. Program for seniors age 60+ Registration For more information call 617-349-6060.

Autumn Party & Luncheon

Thursday, September 27, 12:30-3:00

Entertainment by "Jimmy to the Max", Come bring in the new season and get your dance on!!! Meals served until 1:15 PM. Tickets \$4.00 must be purchased in advance. Call 617-349-6060 for more information.

North Cambridge Senior Center welcomes Fall!

The very popular classes in North Cambridge return this September with W.O.W. (Watching Our Weight) on Wednesday the 5th, Yoga on Thursday the 6th and Strength Building on Tuesday the 11th. Get your dance on with Zumba Friday the 14th. Let your inner artist shine with Watercolors on the 20th.

Open Forum on the 10th is where you can hear about all of the exciting trips and happenings at 2050.

Memory and Aging with Dr. Jason Strauss Thursday, September 13 1:00 - 2:30

Citywide Senior Center

Losing keys, misplacing a wallet, or forgetting someone's name are common experiences. But for people nearing or over age 65, such memory lapses can be frightening. They wonder if they have Alzheimer's disease or another type of dementia. Developing Alzheimer's is a widespread fear of older adults. The good news is that Alzheimer's disease is not a normal part of aging. Most older adults don't get Alzheimer's! Fewer than 1 in 5 people age 65+ and less than half of those ages 85+ have the disease. However, it is important to understand that our brains change over time, and it is helpful to be able to distinguish normal changes from those that require medical and psychological attention. Presented by the Cambridge Health Alliance.

Newly Eligible for Medicare Information Session Wednesday, September 19 from 12:00-1:00

Are you newly eligible for Medicare or are thinking about joining Medicare in the future? The Cambridge Council on Aging and Somerville Cambridge Elder Services will conduct an information session covering all of the components of Medicare, including additional insurance options through private carriers. Please join us on Wednesday September 19, from 12:00-1:00 in the second floor kitchen classroom.

Computers for Seniors at Cambridge Community Television

Are you looking for an opportunity to learn about computers or brush up on your computer skills? CCTV welcomes you to join us for the weekly Computers for Seniors program.

Every Monday from 10am-12pm a friendly, patient and knowledgeable volunteer is here to provide support and computer assistance for those over 60. We offer support from the basics of becoming familiar and comfortable with computers to more advanced things like using email, websites like Facebook, scanning photos, using digital cameras, and more. Each week we also offer short mini-lessons on a topic of interest to seniors. Located at 438 Massachusetts Ave, CCTV is just a short walk from the Red Line. Please stop by any Monday, or call Nicole for more information at 617-661-6900.

***NEWSLINES SUBSCRIPTION FORM** *If you would like to have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge Council on Aging, 806 Mass. Ave. Cambridge, MA 02139 Attn: Cambridge Council on Aging

Name: _____








Address: _____

City: _____ **State:** _____ **Zip Code** _____

Phone number () _____

CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER 617-349-6060				806 Massachusetts Avenue Cambridge, MA 02139 617-349-6060	
SEPTEMBER 2012					
Breakfast Served <u>Monday –Thursday</u> 8:30 a.m. to 9:45 a.m. <u>Friday</u> 8:30 a.m. – 9:30 a.m. \$1.00 donation Lunch: Reservations Required \$1.50 Donation-Served <u>Monday –Thursday</u> 11:30a.m.-12:45 p.m. <u>Friday</u> 11:00 a.m. -11:30 a.m. <u>Saturday</u> 11:30-12:15					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12:00 Clay Sculpture 10:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45 ** No Senior Chorus until October **	ESOL II 9:30-10:30 Computer Classes 9:00-12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 – 9:30 Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Jewelry Class 2 nd & 4 th Wed. 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.	Qi Gong 9:00-10:00 Computer Classes 9:00 – 12:00 (Limited open lab access) ESOL Chinese 9:00-10:30 Open Art Studio 9:00-11:00 Simplified Qi Gong –Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 Council on Aging closes at 12:00 pm Senior Center closes at 3:00 pm	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch Senior Center Closes at 1:00 pm

SPECIAL EVENTS & ACTIVITES AT OUR CENTER SEPTEMBER 2012
 Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 HOLIDAY SENIOR CENTER OPEN FOR BREAKFAST & LUNCH ONLY SENIOR CENTER CLOSSES AT 1:00pm	4 <u>Senior Safety</u> 12:30 – 1:30	5 <u>Charlesgate Yacht Club Trip</u> Priority given to lottery winners from previous date in June 10:00 AM – 2:30 PM	6 <u>Town Meeting</u> 12:00-1:00 <u>Birthday Party</u> 1:00-2:00 	7 <u>Men's Breakfast</u> Registration required 9:00-10:00 (Food served until 9:30)	8
10 <u>Japanese Paper Modeling Workshop</u> 1:00 – 3:30 Fee \$2.00 Sign-up in advance <u>Book Club: An Available Man</u> By Hilma Wolitzer <u>Dinner & Bingo</u> Dinner 4:00 -4:30 Bingo starts @ 4:30	11 <u>Dr. Conant Lunchtime Chat</u> 12:00 – 1:00 	12 <u>Walking Club/Castle Island</u> 9:00-12:00 <u>Blood Pressure Screening</u> Provided by Cambridge Public Health Nurses 12:30-1:00 <u>Men's Discussion Group</u> 1:00-2:00 Watch Chronicle on Tuesday Channel 5 @ 7:30pm	13 <u>Memory & Aging</u> Dr. Jason Strauss Presented by the Cambridge Health Alliance 1:00-2:30 <u>Podiatrist Dr. Conui</u> Sign up in advance \$40 1:30 – 3:00	14 <u>Ladies Breakfast</u> 9:00-10:00 (Food served until 9:30) 	15 
17 	18 <u>Books on Review</u> 1:00-2:00	19 <u>Walking Club/Castle Island</u> 9:00-12:00	20 <u>Social Media 101:</u> Understanding and Connecting with Common Social Media and Social Networking Applications 1:00-2:30	21 	22
24 <u>Afternoon Tea 3:00-3:30</u> 	25 <u>Mysteries of the Cosmos</u> 1:00-2:00 <u>Cell Phone & Wireless Q's & A's</u> 10:00 – 12:00 <u>Blood Pressure Screening</u> Provided by Windsor House 2:30-3:00	26 <u>Walking Club 9:00-12:00</u> <u>Jewelry Class</u> 1:00-3:00 <u>*New* ESOL Class Begins</u> 10:00-12:00	27 <u>Autumn Party & Luncheon</u> Entertainment by D.J. Jimmy Caserta 12:30 – 3:00 \$4.00 ticket must be purchased by 9/24, meal served until 1:15	28 African American Meeting Canceled	29

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320

DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ September 2012

Lunch Served Monday –Friday 11:30a.m. 12:15 p.m. Reservations Required \$1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Computer Tutor 10:45 -12:45 Lunch 11:30-12:15 Needle Crafts 1:00-3:00 Strength & Balance 9:30-10:30 (starting Sept.11 th)	Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 W.O.W 1:00-2:00 Movie 2:30-4:30	Artists Workshop 9:30-11:00 Lunch 11:30-12:15 Yoga 3:00- 4:00	Zumba 9:30 – 10:30 (starting Sept. 14 th) Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER ☯ September 2012

Please note - Trips and Walking-Club are subject to weather. Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 <u>HOLIDAY</u> Labor Day SENIOR CENTER CLOSED	4 	5 Welcome back: W.O.W! 1pm – 2pm Movie 2:30pm <u>One For The Money</u> Rated PG -13 1hr. 31min. (note time change)	6 Yoga 3pm -4pm 	7
10 Low Vision Support Group 10am – 12pm Open Forum 12:15pm – 1:15pm	11 Welcome back: Strength Building 9:30am -10:30am	12 Birthday Tea 2:30pm 	13 Odyssey Day Trip Registration required 	14 Welcome back: Zumba 9:30 am – 10:30am 
17	18 Advisory Board 2:00pm – 3:00pm	19 Movie 2:30pm <u>The Forger</u> Rated PG-13 1hr. 31min.	20 Welcome back: Watercolors 9:30 am – 11:00am	21 Safety Awareness 12:30pm – 1:30pm
24 	25 	26 Blood Pressure Screening 12:15pm – 1:00pm Movie 2:30p.m <u>A Thousand Words</u> Starring Eddie Murphy PG-13 1hr. 31min.	27 <u>Lunch on the Ave.</u> Chang Shu 11:30am – 1:00pm Registration required	28 

SEPTEMBER 2012

Register for a Computer Class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045



**Register Now
for a class at the
Cambridge Citywide
Senior Center.**

Call 617-349-6060 ex 6045

Or

**Leave your name with a Monitor
in our bright and beautiful
location on the THIRD floor of
the Center.**

Q: What is a blog?(weblog)

**A: it is an open forum
communication tool that,
depending on the Web site, can
be either very personal or
perform a crucial function for an
organization or company. There
are three basic varieties of blogs:
those that post links to other
sources, those that compile news
and articles, and those that
provide a forum for opinions
and commentary
MORE? www.netlingo.com**

**COMPUTER BASICS In 4
consecutive classes, (each class is
1½ hours,) make the mouse your
friend, type, insert a graphic,
save, print, and make labels.
Classes are \$12.00 for the series.
Please pay in full at the first
class.**

**INTERNET BASICS In 4 consecutive
classes, (each class is 1½ hours) create an
e-mail account, e-mail your friends, and
dive the World Wide Web Computer
Basics is highly recommended. Classes
are \$12.00 for the series. Please pay in
full at the first class.**

**MORE COMPUTER BASICS In 4
consecutive classes, (each class is 1½
hours,) you will copy/ paste, PAINT, take
a look at PUBLISHER (templates for
greetings cards, newsletters, and more)
and take a look at EXCEL (a spreadsheet
program.) Classes are \$12.00 for the
series. Please pay in full at the first class.**

**Do you have a DIGITAL CAMERA?
Bring it to the Computer Room (don't
forget the instruction booklet and the
cable) take a picture, and print it using
our USB port. Call first, please. Your
images can be used in a letter or sent as
an attachment to an e-mail.**

Select www.cambridgema.gov> Click on CITY DEPARTMENTS

Human Service Programs

Seniors (right frame) >Citywide Senior Center >NEWSLINES

Scroll down the left frame to the Computer Room Monthly Calendar>Click

**Our popular Computer Classes begin again every month. Register for the Basics.
Classes are \$12.00 for the series of four classes, payable at the first class.
It's fun and easy when you know how.**

COMPUTER ROOM CALENDAR FOR **SEPTEMBER** 2012

	T6/28	W 6/29	TH 6/30	F 7/1	S 9/1
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson Geoff Kotowski	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Maurice Anderson 9:30-11:30
M 9/3	T 9/4	W 9/5	TH 9/6	F 9/7	S 9/8
Computer Room is closed. It's A HOLIDAY!	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 9/10	T 9/11	W 9/12	TH 9/13	F 9/14	S 9/15
. Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson Geoff Kotowski	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 9/16	T 9/17	W 9/18	TH 9/20	F 9/21	S 9/22
. Computer Lab 10:00-12:00 Harry Chung 1:00-4:40 David Anderson Geoff Kotowski	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 9/24	T 9/25	W 9/26	TH 9/27	F 9/28	7/29
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson Geoff Kotowski M 9/30 ditto	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson

**Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge MA 02139 To register; Call 617-349-6060 EX 6045**



CAMBRIDGE CITY COUNCIL

Henrietta Davis, Mayor
E. Denise Simmons,
Vice Mayor
Leland Cheung
Marjorie C. Decker
Craig A. Kelley
David P. Maher
Kenneth E. Reeves
Timothy J. Toomey, Jr.
Minka vanBeuzekom

CITY ADMINISTRATION

Robert W. Healy,
City Manager
Richard C. Rossi,
Deputy City Manager
Ellen Semonoff,
Assistant City Manager
Department of Human
Service Programs

CAMBRIDGE FRIENDS

Sheila Russell, President
Gisela Margotta, Treasurer
Carl Barron
Norman McIver

COUNCIL ON AGING BOARD

William Cobham, President
Yaw O. Adjei-Koranteng
Patricia Burgess
Elizabeth Cadigan, MSN,RN
Lois Carra, Ph.D.
Mary Ann Dalton
Maureen Harty
Ismail Laher
Carmela Schipani
Edna Stamp, LCSW

Newslines

Lisa Castagna
Eileen Ginnetty

SENIOR ADVISORY COUNCIL

June Baur Nancy Smith
Joan Morris Wai Ling Tam
Jeanne Ryde Ruby Woodbine

PROGRAM AND STAFF**Executive Director**

Eileen Ginnetty, LCSW

Social Services

Susan Pacheco, Director of Client Services,
Portuguese Translation
Alicia Johnson, Information & Referral
Elizabeth Seelman, Case Manager

Administrative Assistant

Lisa Castagna

Receptionists

Rosalind Brown, Citywide
Sanaa Mohamed, COA
Margaret Murray, NCSC
Betty Paige, Citywide

Senior Aides

Myrna Rivera Arvilla Sarazen
Anne Robinson

Elder Haitian Program

Hermide Mercier Program Coordinator

Computer Instructor

Eve Flochild

Bus Driver

Laura Habermann

Asian Seniors Coordinator

Judy Xue

Citywide Senior Center

Emma Watkins, Director

Activities & Volunteer Coordinator

Arline McGrady

Activities Assistant

Angela Owens

Food Service Manager

Julianne King

Assistant Food Service Manager

Sanctora Cooper

Meals Assistants

Teiko Devin
Gail Low
Delia Machore

Food Pantry Coordinator

Geoffrey Kotowski

Food Pantry Assistant

Nathaniel Rosenblum

Week-End Activities Coordinator

Gail Low

Facility Manager

Donn Hockman
Department of Public Works

North Cambridge Senior Center

Vincent McCarthy, Director

**North Cambridge Senior Center
Assistant**

Marybeth Joyce

**North Cambridge Senior Center
Meal Site Director**

Kathy Florentino

Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139